

Prevalence and possible causes of infant's mild GI symptoms reported by healthcare professionals - worldwide data

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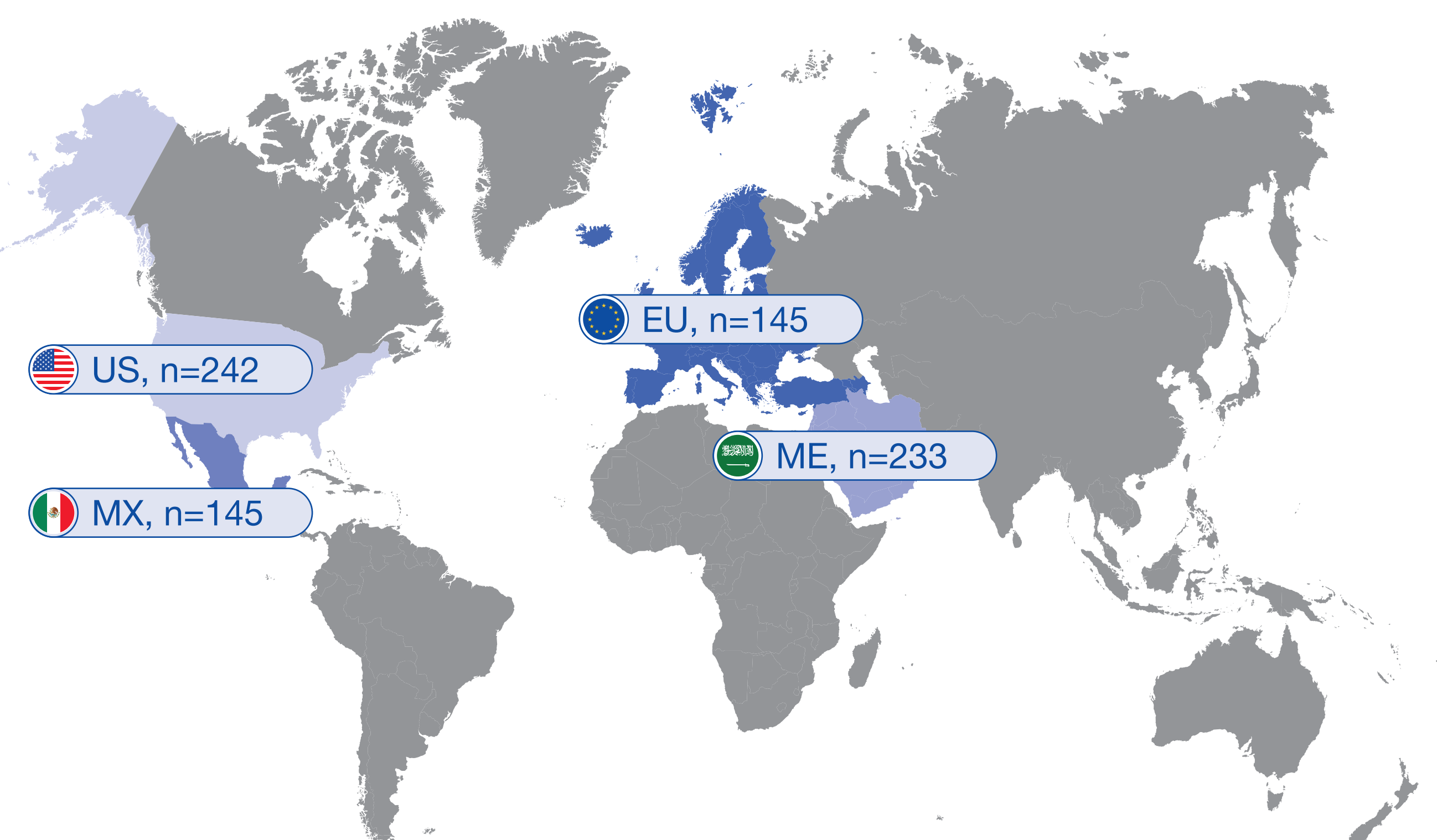
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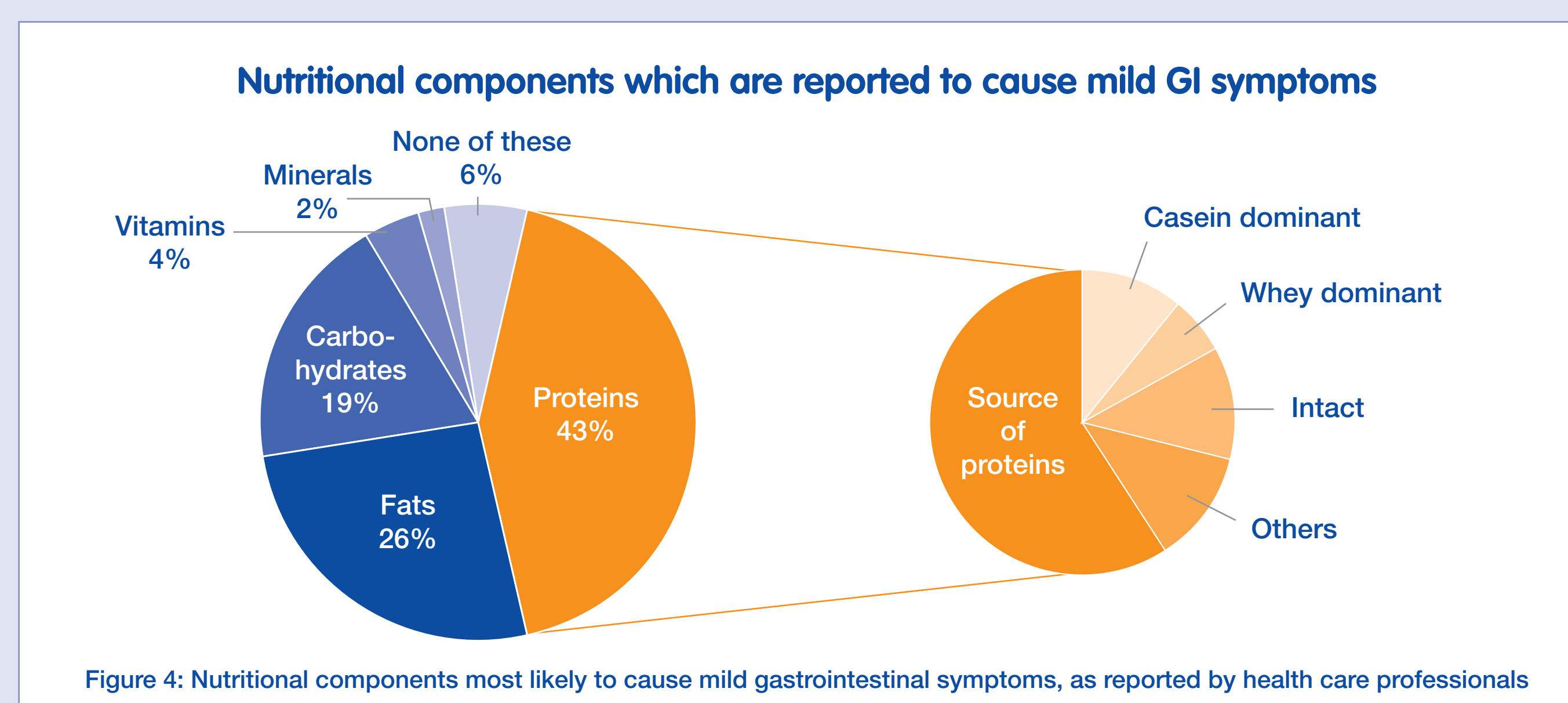
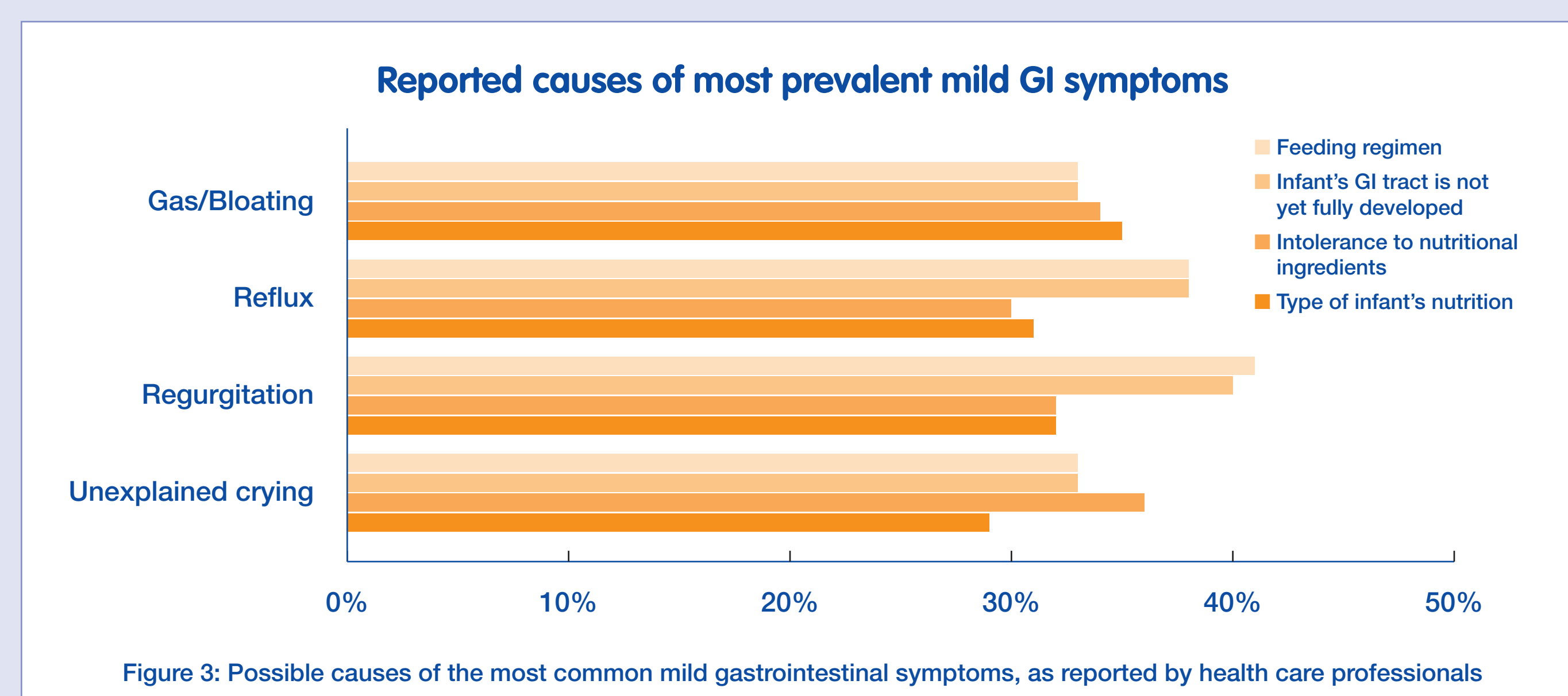
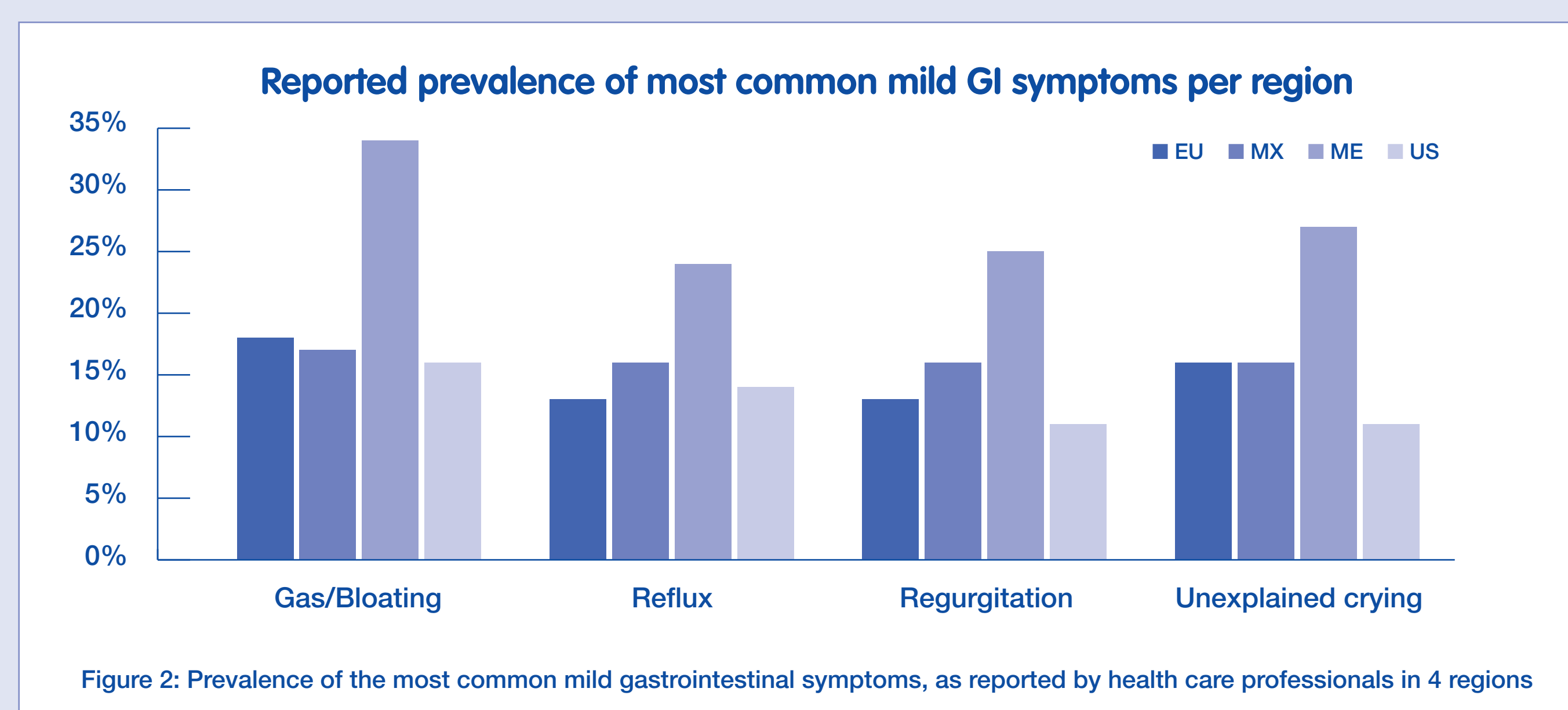
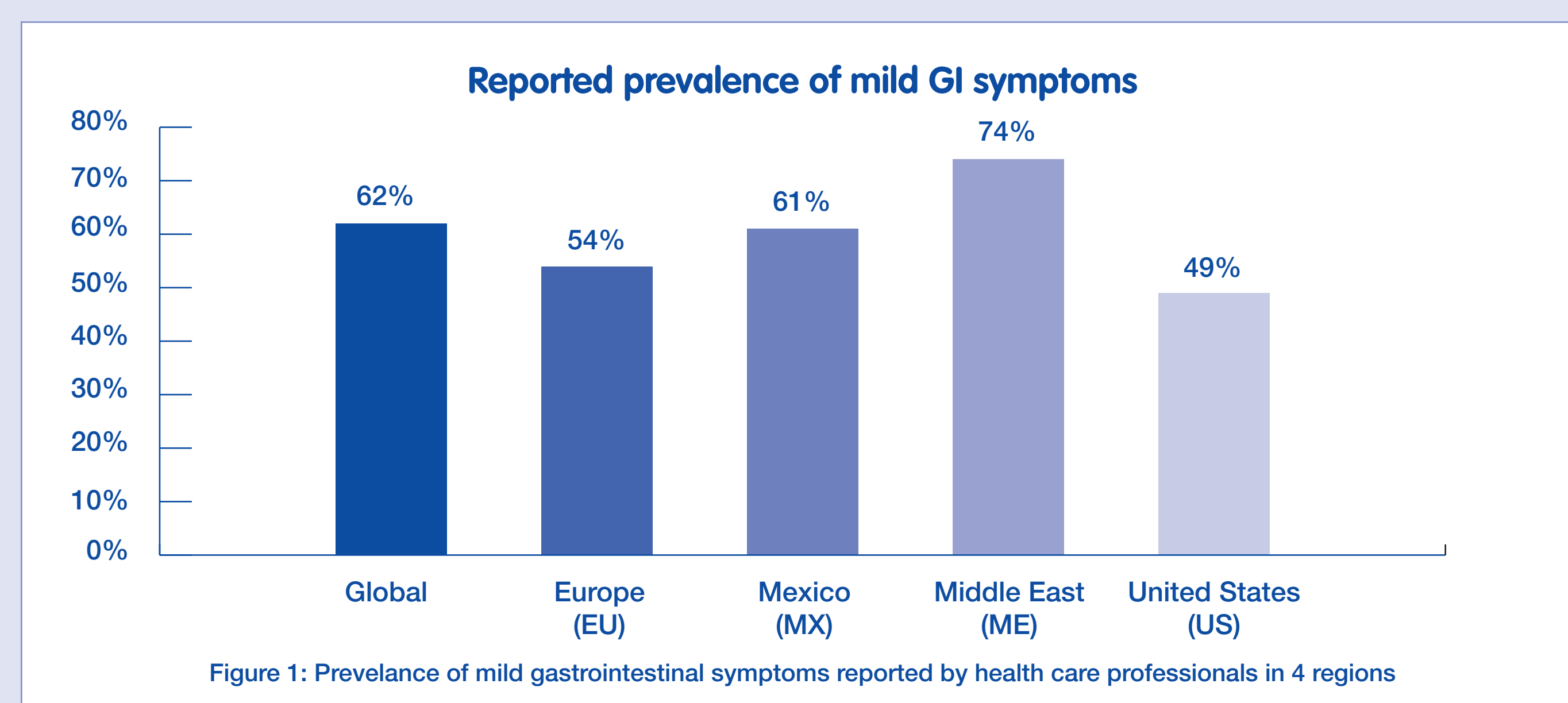
Many infants suffer from mild gastro-intestinal (GI) symptoms during the first months of life, in which nutrition can have an impact.^{1,2}

Objective: This study investigates the differences in prevalence and causes of mild GI symptoms in infants <1 year of age and the potential role of infant's nutrition, as reported by healthcare professionals (HCPs) worldwide.

Methods: This study combined qualitative and quantitative research methods performed by an independent research agency. Eighteen in-depth interviews were performed with selected experts to consent on the developed questionnaire and the definition of gas/bloating, constipation, diarrhea, reflux, regurgitation, vomiting, unexplained crying and itchy-dry skin.



Results



- The overall reported prevalence of mild GI symptoms differs between regions, highest in ME and lowest in US (fig 1).
- The most reported mild GI symptoms are gas/bloating, reflux, regurgitation and unexplained crying (fig 2), these symptoms are most likely caused by the infant's feeding regimen, developing GI tract and nutritional components in infant formula (fig 3). To manage these symptoms a nutritional change is recommended by 33-37% of HCPs.
- Proteins, specifically the protein source, are the most reported components likely to cause mild GI symptoms (fig 4).
- 36% of the HCPs would recommend goat milk-based formula specifically to infants with mild GI symptoms.

Conclusion

The reported prevalence of mild GI symptoms in infants <1 year differs per region. HCPs globally reported a high prevalence (62%). Nutritional components in infant formula was one of the main reported causes of infant's GI symptoms. HCPs indicated that a change in infant formula, e.g. goat milk-based formula, could play a role in the management of mild GI symptoms.

Conflict of interest: VB, JV, DG and LZ are employees of Ausnutria B.V.

References: [1] Bellaiche, Acta Paediatr, 2018. [2] Vandenplas, Pediatr Gastroenterol Hepatol Nutr, 2019.

Disclaimer: Ausnutria acknowledges that breastfeeding is the best food for infants aged 0-6 months and supports prolonging breastfeeding to 24 months (age 2)